

HEART OF TEXAS

Covid 19 Re-Opening Plan



PREPARING FOR RE-OPENING

Hello HOT Family!,

While we are not open yet, we want to let you know that we are working hard to be ready when we receive the all clear. We want to first say a huge thank you to the community for your love and support during this time. We have confirmed that our HOT family is truly the best! As you can imagine the #1 priority of the program is the health and safety of our kids and athletes, and want to ensure as we open we continue to follow guidelines to keep everyone safe!

With this being said, we have outlined a what to expect guide to help you as we navigate through new waters. When we have been given the clear to move into Phase 1 we will let you know.



KEEPING SAFE

General Precautions



HAND WASHING

Upon opening, all athletes will be required to wash hands upon entry of the facility, and after participation.



CLOSED PARENT ROOM

Upon opening the parent room will remain closed until we have entered phase 3. This is to minimize the spread of germs.



CLEANING

The gym will be cleaned and sanitized multiple times a day to help minimize the spread of germs.

FACE MASKS-ARE NOT RECOMMENDED

We have been informed that doctors recommend athletes NOT wear masks due to inhaling too much carbon dioxide that can lead to The Bohr Effect. Doctors do recommend social distancing which we already have in place. The decision to wear a mask or not to wear is up to the child's parents.





Phase 1

WHAT TO EXPECT DURING PHASE 1

Phase 1 Opening allows gyms to open when maintaining appropriate social distancing.

In addition to the general guidelines as outlines on page 2, We will be opening during phase 1 for Individuals and small groups only. We will be following these guidelines:

- Monday-Thursdays from 4pm-8pm only.
- A maximum of 4 coaches and 10 athletes in the building at once this will allow us to spread out through the facility.
- No physical contact including spotting will be taking place.



Virtual classes will remain in effect on during phase 1.

These are free of charge for members.

Virtual Schedule will be released via email and on HOT Family!



Phase 2

WHAT TO EXPECT DURING PHASE 2

Phase 2 stage allows us to resume classes and continue individuals and small groups in the gym.

In addition to the general guidelines as outlined on page 2, the following precautions will be taken:

- All athletes must sign up for classes. We will not allow any "Drop Ins" this will help us to ensure we have an appropriate number of athletes in the gym to maintain social distancing.
- The gym will be limited to no more than 50 people at one time.

BASIC HEALTH REMINDER

Before you come in ask yourself...

Please keep your child home if they demonstrate any type of illness including:

- Fever
- Cold or Flu Symptoms
- Running Nose
- Cough

Any athlete who has symptoms of Covid-19 should remain home until they have been cleared by a doctor or until the 14 day isolation period has passed.

It is the responsibility of all of us to keep the gym safe, if you have any concerns let us know immediately.





Phase 3

WHAT TO EXPECT DURING PHASE 3

Phase 3 allows us to open back up to full operation, still while following the guidelines on page 2 with a few small changes.

- Parent waiting room will be re-opened.
- We will continue to sanitize
- Additional Classes, Specialty Events and Open Gyms will return
- We will begin to prepare for Season 23
- In the event of any slip back with the virus, we reserve the right to close the parent room to ensure the safety of our athletes.



Season 23

We are excited for Season 23

Based on the current situation and how it has effected families, we are making small changes to help our families in season 23 save money.

You don't want to miss out on Season 23!

